

1-888-340-0482
Monday-Friday
8:30-5:30 Central Time



Keys Fitness Products, L.P.
4009 Distribution Dr.
Suite 250
Garland, Texas 75041

CardioMax

ELLIPTICAL TRAINER 530 DUAL ACITON

OWNER'S MANUAL

QUESTIONS?

Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482



CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.



Keys Fitness Products, L.P.
P.O. Box 551239
Dallas, Texas 75355-1239



***Keys Fitness is committed
to quality products that
demonstrate our commitment
to excellence!***

**Keys Dual Action Elliptical Trainer
Model: CardioMax ET530D**

Questions?

Please call if:

- **you need assistance about operating your exercise unit.**
- **parts are missing**
- **parts become worn or need to be replaced.**

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***When requesting information please
have the following available:***

- **The Name**
- **The Model**
- **The Part Number**
- **The Description**

**KEYS FITNESS PRODUCTS, LP -
LIMITED WARRANTY**

PRODUCT:

ELLIPTICAL TRAINER 530 DUAL ACTION

HOME USE WARRANTY:

Parts: 2 years

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR EXERCISE UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Before You Start

Thank you for purchasing a Keys elliptical trainer! This quality product you have chose was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

Important Safety Information **WARNING!**

- 1) Before using this exercise equipment or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise equipment have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise unit has a user maximum capacity of 250 pounds.
- The CardioMax Elliptical Trainer should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the unit to protect floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise equipment with bare feet, sandals, socks or stockings!
- Always examine your exercise equipment before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the elliptical trainer.
- Never operate the elliptical trainer where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your CardioMax elliptical trainer should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

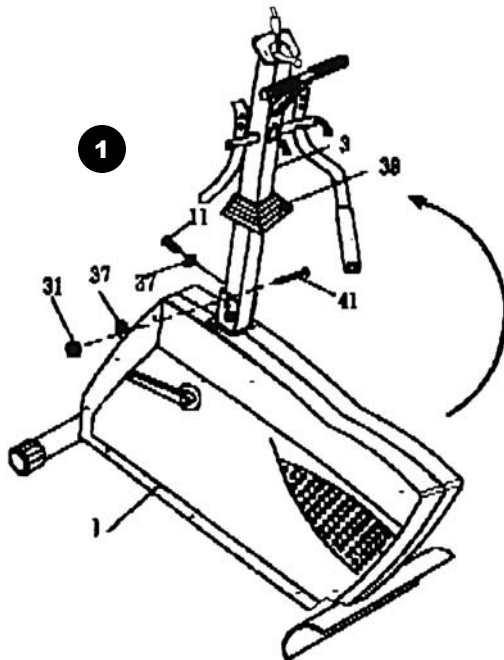
Assembly of ET530D

REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING.

1. Make sure that the three wires are extending from the top of the Main Upright Tube (3) and that the Upright Cover (38) is put on. Carefully slide the Main Upright Tube (3) upward into the Main Frame (1) and attach with:

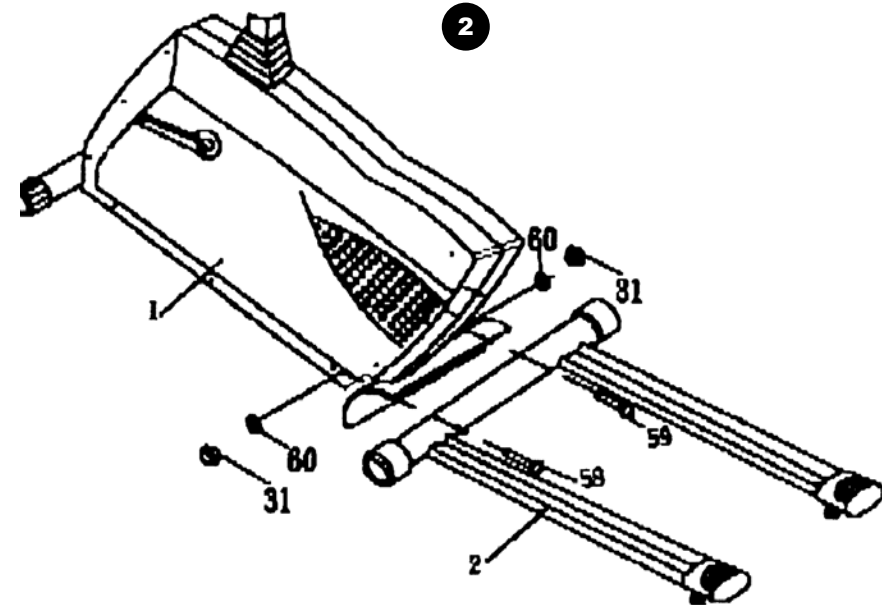
- One Bolt (11) with one Washer (37)
- One Carriage Bolt (41) with one Nylock Nut (31) and one Washer (37)

You will need to tighten the Carriage Bolt (41), Nylock Nut (31) and Washer (37), which was already in place.



4

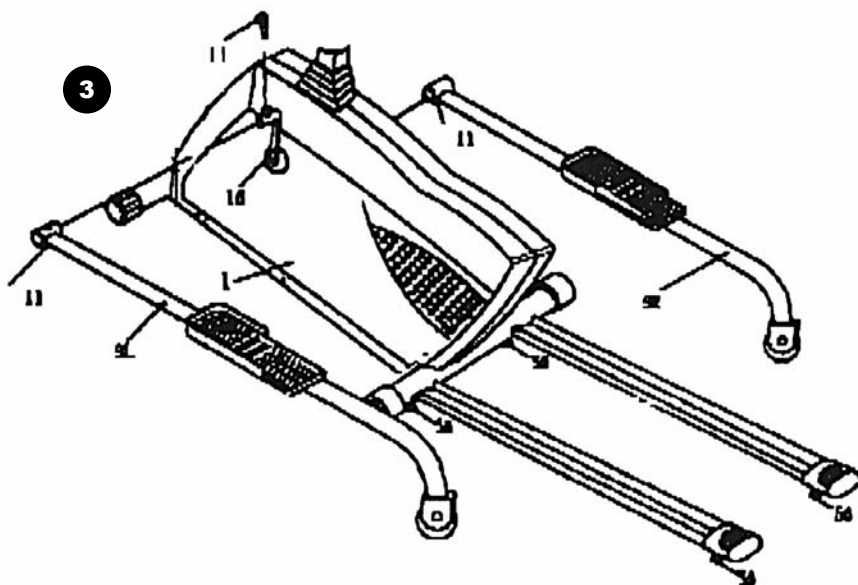
2. Attach the Rail Tube (2) to the rear of the Main Frame (1) with two Nylock Nuts (31), two Arc Washers (60), and two Carriage Bolts (59).



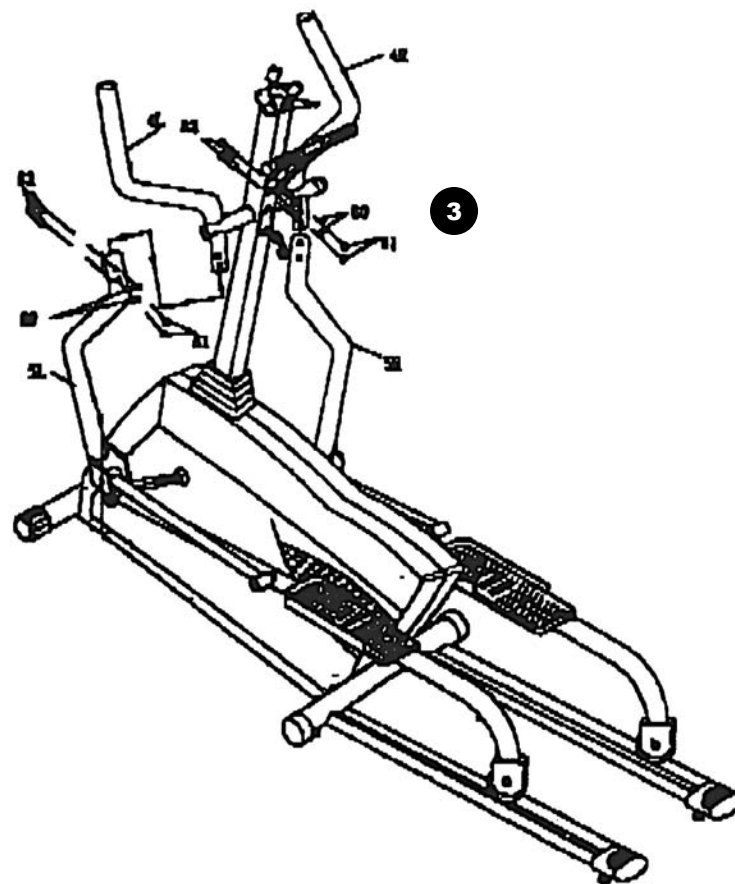
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3. STEP 3 MUST BE COMPLETED BEFORE MOVING TO STEP 4 IN ORDER FOR THE HANDLEBAR ASSEMBLY TO LINE UP CORRECTLY!

Assemble the Pedal Mount Tubes (9R, 9L) onto the Crank (16). Rotate the Crank (16) on the left side to its highest position, loosen the Bolt (11) from the top of the Crank (16), then slide the left Pedal Mount Tube (9L) onto the left side of the Crank (16) and attach with Bolts (11). Repeat this process on the right side of the elliptical trainer.

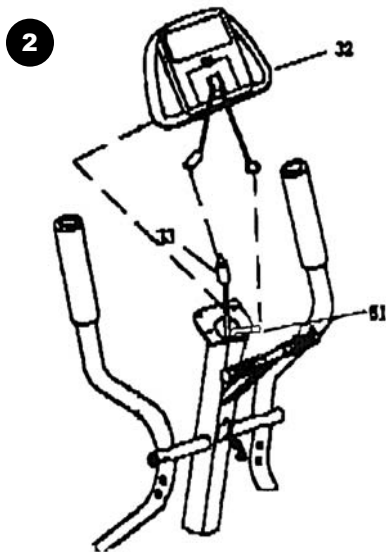


4. Attach the Upper Handlebar (4L, 4R) to the Lower Handlebar (5L, 5R) with four Carriage Bolts (82), four Nylock Nuts (81) and four Arc Washers (80).

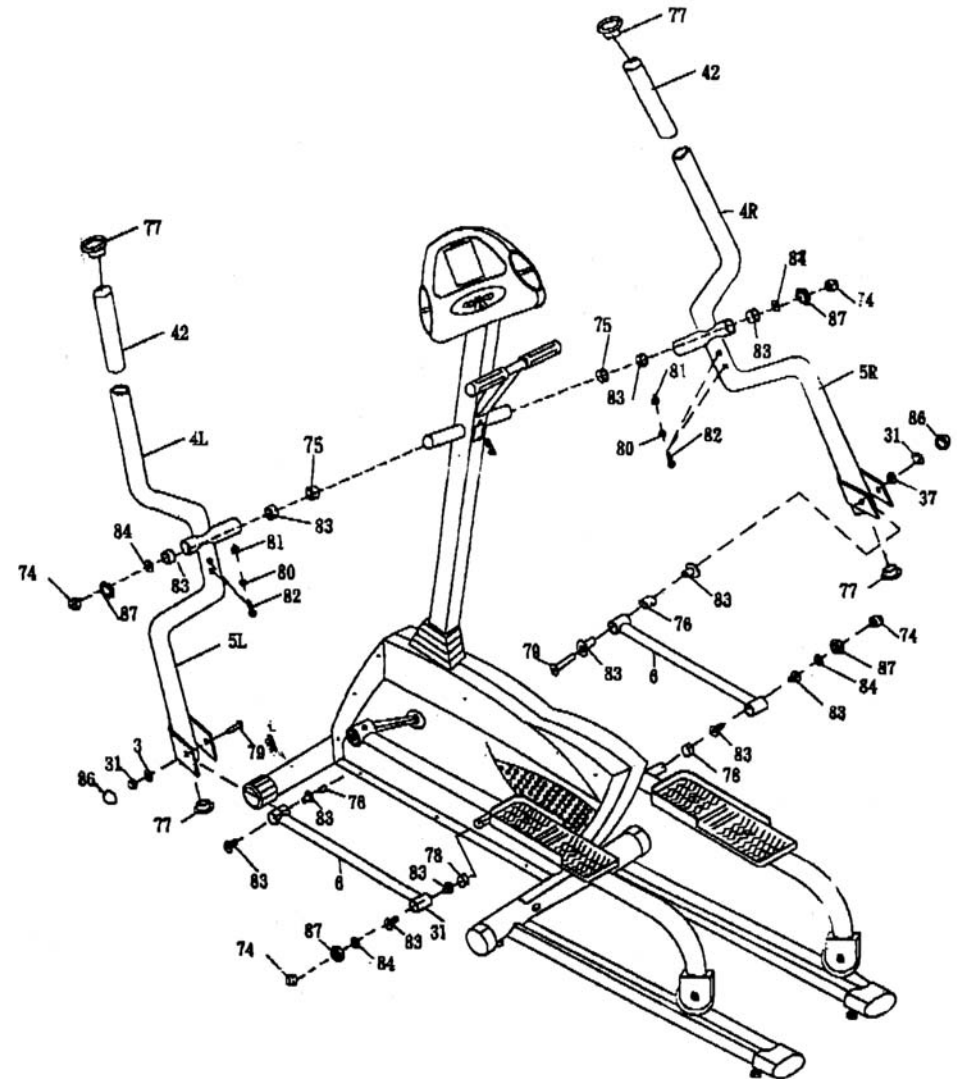
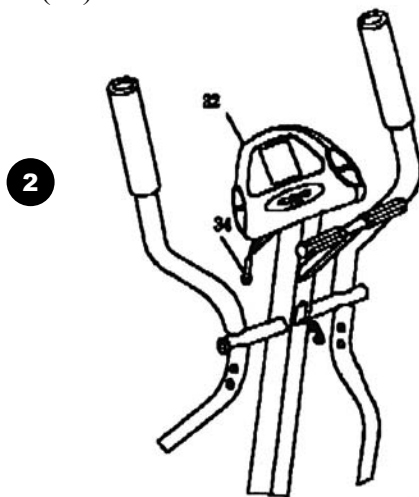


Exploded View #1

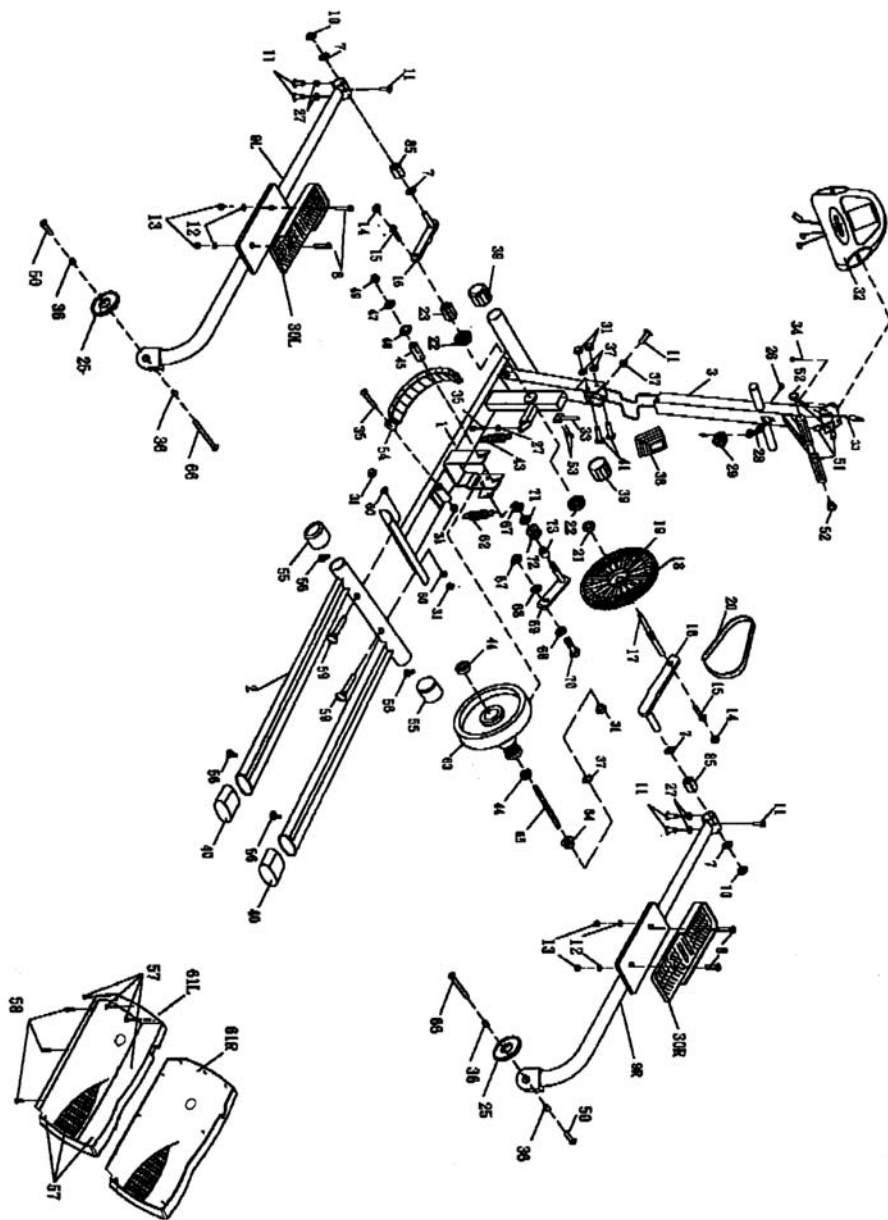
5. Connect the Monitor Cable (33) and the Hand Pulse Cables (51) to the corresponding Computer (32) wires.



6. Attach the Computer (32) to the Main Upright Tube (3) with four Screws (34).



Exploded View #2



ET530D Parts List

NO.	PART	QTY	NO.	PART	QTY
1	MAIN FRAME	1	43	SPRIN	1
2	RAIL TUBE	1	44	BEARING	2
3	MAIN UPRIGHT TUBE	1	45	STATOR	2
4L	UPPER HANDLEBAR (LEFT)	1	46	RELAY	1
4R	UPPER HANDELBAR (RIGHT)	1	47	SCREW	4
5R	LOWER HANDELBAR (RIGHT)	1	48	N/A	
5L	LOWER HANDLEBAR(LEFT)	1	49	NUT	1
6	STEVE	2	50	BOLT	2
7	WASHER	4	51	SENSOR WIRE	2
8	HEX HEAD SCREW	4	52	NUT	2
9R	PEDAL MOUNT TUBE	1	53	SCREW	2
9L	PEDAL MOUNT TUBE	1	54	MAGNETIC PLATE	1
10	C CLIP	2	55	ROUND ENDCAP	2
11	BOLT	7	56	LEVELER SCREW	4
12	ARC WASHER	4	57	SCREW	7
13	NYLOCK NUT	4	58	SCREW	6
14	BOLT ENDCAP	2	59	CARRIAGE BOLT	4
15	HEX BOLT	2	60	ARC WASHER	1
16	CRANK	2	61R	HOUSE COVER	1
17	SHAFT	1	61L	HOUSE COVER (L)	1
18	DRIVE WHEEL PULLEY	1	62	SPRING	1
19	SENSOR MAGNET	1	63	FLY WHEEL	1
20	DRIVE WHEEL BELT	1	64	BEARING	1
21	DRIVE WHEEL NUT	1	65	SHAFT	1
22	DRIVE WHEEL BEARING	2	66	BOLT	2
23	NYLOCK NUT	1	67	BYLOCK NUT	2
24	CARRIAGE BOLT	2	68	WASHER	2
25	RUBBER WHEEL	2	69	HHC BRACKET	1
26	WASHER	1	70	HEX BOLT	1
27	NUT	4	71	WASHER	1
28	LOWER MONITOR CABLE	1	72	IDLER WHEEL	1
29	HEX HEAD SCREW	3	73	SPACER	1
30R	FOOT PEDAL	1	74	PLASTIC NUT CAP	4
30L	FOOT PEDAL	1	75	BUSHING	2
31	NYLOCK NUT	5	76	STEVE BUSHING	2
32	COMPUTER	1	77	ENDCAP	4
33	UPPER MONITOR CABLE	1	78	SPACER	2
34	SCREW	4	79	HEX BOLT	2
35	SENSOR WIRE	1	80	ARC WASHER	4
36	SPACER	2	81	NYLOCK NUT	4
37	WASHER	5	82	CARRIAGE BOLT	4
38	UPRIGHT CAP	1	83	POWDER METALLURGY	12
39	ROUND ENDCAP	2	84	WASHER	4
40	RAIL ENDCAP	2	85	BEARING	2
41	CARRIAGE BOLT	2	86	PLASTIC NUTCAP	2
42	GRIP FOAM	2	87	NUT	4

ET530D Display Instructions

Your exercise unit is equipped with a programmable monitor to help you track your progress and motivate you to reach your fitness goals.

Buttons

ENTER/RESET: Press to confirm program selection or function value

UP: Press to scroll through programs or increase values in setting procedure

DOWN: Press to scroll through programs or decrease values in setting procedure

Display

TIME: Indicates time (0-99 minutes, 0-59 seconds)

DISTANCE: Indicates distance traveled during each workout up to a maximum of 99.9 miles

CALORIES: Estimates calories burned. Note: Calorie expenditure is based on realistic expectations. However, the CM530 computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

HEART RATE: Indicates current heart rate per minute

RECOVERY: During exercise press UP and DOWN buttons simultaneously and stop exercising. All functions will be paused except pulse (keep hands on pulse sensors). The computer will first count down for 60 seconds and will then display your recovery level from 1-8 on the monitor.

Level 1 – Weak heart rate recovery ability

Level 4 and 5 – Normal

Level 8 – Strong heart rate recovery ability

To have an accurate result, we suggest exercising a minimum of 30 minutes before using **RECOVERY** function.

Operating Instructions

Turn on monitor by pressing any of the console buttons. If the display is already powered on, then hold down the **ENTER/RESET** button for 2 seconds to clear all readings. After turning on or resetting the console readings, P1 (Program 1) should be blinking. Press the **UP** or **DOWN** button to scroll through the available programs. Once you have chosen the desired program, press the **ENTER/RESET** button to confirm.

P1 (PROGRAM 1) : Heart Rate Program

Set your heart rate zone by entering high and low heart rates which you want to stay between (See last page of owner's manual for details on how to calculate your target heart rate range). If your heart rate during exercise exceeds the heart rate zone set, then the heart rate symbol and the digits of the heart rate will blink rapidly with an audible alert to warn the user to slow down. If your heart rate during exercise falls below the heart rate zone set, the computer will then push you to go faster with "GO" blinking along with an audible alert. User must maintain contact with heart rate sensors in order for readings to occur.

Display Instructions Continued

P2 (PROGRAM 2) : Time Program

Set the desired workout duration of your workout. The program will alert you when you have reached your duration goal.

P3 (PROGRAM 3) : Distance Program

Set the desired distance of your workout. The program will alert you when you have reached your distance goal.

P4 (PROGRAM 4) : Calories Program

Set the desired number of calories to be consumed in your workout. The program will alert you when you have reached your calorie expenditure goal.

P5 (PROGRAM 5) : Race Program

The console prompts you for both distance and time before beginning the Race Program. The console will display the best time recorded for the distance you have chosen during the workout. During this program you will also compete with a visual image of another biker on the console. Try to finish the desired distance in the pre-set time period.

NOTE:

1. If you do not wish to set the heart rate zone in programs 2-5, then simply press the **ENTER/RESET** button without setting a value when prompted for the heart rate zone.
2. Monitor will automatically power off if no pedaling or button selection is done for more than 4 minutes.
3. Monitor will stop calculating if there is no pedaling for more than 4 seconds.

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* on page 16.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone- 60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR).

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190

190 x .60 = 114 (low end or 60% of MHR)

190 x .75 = 142 (high end or 75% of MHR)

For a 30 year-old the (THR) Target Heart Rate would be 114-142.

See Table on right for additional calculations.

Target Heart Rate Zone

